How Do I Learn Best?
Version for Athletes

This questionnaire is designed to find out about your preferences for the way you work with information. You will have a preferred learning style, and one part of that learning style is your preference for the intake and the output of ideas and information.

Choose the answer which best explains your preference and circle the letter next to it. Please circle more than one if a single answer does not match your perception. Leave blank any question which does not apply.

You are about to give directions to an athlete who is standing with you. The athlete is new to town and needs to get to a sports venue. He/she has a bike. I would:

a) draw or provide a map.

b) tell him/her the directions.

c) write down the directions (without a map).

d) bike with them to the complex.

You are not sure whether a word should be spelled 'xyphoid' or 'xiphoid'. I would:

a) see the word in my mind and choose by the way it looks.

b) sound it out in my mind.

c) write both versions down on paper and choose one.

d) look it up in the dictionary.

You have just received a copy of your itinerary for a team trip. This is of interest to a friend. I would:

a) show him/her on a map each place we will be visiting.

b) phone him/her immediately and tell him/her about it.

c) send the itinerary as an email attachment.

d) share what the team plans to do at each place we visit.

You are going to make a fruit smoothie for a pre-practice snack. I would:

a) thumb through a cookbook looking for ideas from the pictures.

b) read the descriptions to find a good recipe.

d) mix something familiar without the need for instructions.

c) write both versions down on paper and choose one.

A group of international athletes will be arriving to the campus or sports complex. To familiarize them with the venue I would:

a) give them a map of the campus/complex highlighting key places and resources.

b) talk with them about available resources.

c) give them pamphlets or the campus/complex brochure detailing available resources.

d) walk them around campus/complex when they arrive.

You have been asked to assist in selecting team gear for a team. What would most influence your decision to select it?

a) The equipment looked good and was well designed.

b) My teammates told me I should select it.

c) I read the product catalogue that described its features.

d) I tried the piece out and it met my needs.
Recall a time in your life when you learned how to keep the official score or results (in a scorebook or statistics sheet) for your particular sport. I learnt best by:

- a) visual clues -- pictures, diagrams, charts.
- b) listening to somebody explaining it.
- c) written instructions.
- d) doing it or trying it.

You have a knee injury. I would prefer that the doctor or sports therapist:

- b) told me what was wrong.
- a) showed me a diagram of what was wrong.
- d) used a model of the knee to show me what was wrong.

You are about to learn to use a new statistics program on a computer. I would:

- d) experiment with the program's features.
- c) read the manual that comes with the program.
- b) telephone a friend and ask questions about it.

You are on the road with a sports team. You are staying in a hotel and have use of the team van. You need to go to the venue early, but you don't know the address or location. I would like someone who has been there to:

- a) draw or provide a map.
- b) tell me the directions.
- c) write down the directions (without a map).
- d) come with me in the team van.

There is a new book on innovative strategies for your sport. Besides price, what would most influence your decision to buy?

- d) You have used a copy before.
- b) You overheard your coaches discussing the book at practice.
- c) Quickly reading parts of it.
- a) It has plenty of diagrams and charts.

A video analysis of the opposition has arrived in the coach's office. What would most influence your decision to watch (or not watch)?

- b) I heard my teammates critique it.
- c) I saw the result and statistics sheet.
- a) I saw parts of it when I was in the office.

Do you prefer a coach who likes to teach a new technique, skill or tactic by:

- c) using a playbook and/or handouts.
- a) mapping it out on the chalk or whiteboard.
- d) using practical skill and technical sessions.
- b) involving my teammates and me in a discussion.

Count the number of times you circled A, B, C, and D and record those amounts here:

**TOTAL YOUR SCORE:**

- a) ________  
- b) ________  
- c) ________  
- d) ________  

V  A  R  K
SCORING THE VARK

YOUR SCORES:  

<table>
<thead>
<tr>
<th></th>
<th>a)</th>
<th>b)</th>
<th>c)</th>
<th>d)</th>
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<tbody>
<tr>
<td>V</td>
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<tr>
<td>A</td>
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<td>K</td>
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Circle your highest score (corresponds a= V; b= A; c= R; d= K).

Your highest score is: _____

Add the scores above:  a) + b) + c) + d) = __________(total responses)

In the Total Responses column, find the horizontal row below that corresponds to your total responses.

<table>
<thead>
<tr>
<th>Total Responses</th>
<th>Very Strong Preference, Indicated by difference of</th>
<th>Strong Preference, Indicated by difference of</th>
<th>Mild Preference, Indicated by difference of</th>
</tr>
</thead>
<tbody>
<tr>
<td>Up to 16</td>
<td>4+</td>
<td>3</td>
<td>2</td>
</tr>
<tr>
<td>17-22</td>
<td>5+</td>
<td>4</td>
<td>3</td>
</tr>
<tr>
<td>23-30</td>
<td>6+</td>
<td>5</td>
<td>4</td>
</tr>
<tr>
<td>31+</td>
<td>7+</td>
<td>6</td>
<td>5</td>
</tr>
</tbody>
</table>

After selecting your highest VARK score (V, A, R, or K) (corresponds A= V, B= A, C= R, D= K), eliminate the other scores that are less than the highest score by an amount greater than or equal to the number in the “mild preference” (far right) column.

Highest VARK scores: _______ _______ _______ _______ _______

EXAMPLES:

Maria has the following VARK score: V=10, A=0, R=2, K=1  Total 13
Maria can eliminate all the scores except the score for V indicating that she has a strong visual preference.

Adam has the following VARK score: V=8, A=7, R=4, K=5  Total 24
Adam is multimodal (VAK). He can eliminate R.
The VARK*

The VARK instrument measures how you prefer to learn. Each of the letters corresponds to a particular preference as follows:

**Visual (V)** – Visual learners may prefer to learn through depictions of information in charts, graphs, flow charts, and all the symbolic arrows, circles, hierarchies, and other devices that instructors use to represent what could have been presented in words.

**Aural/ Auditory (A)** – Auditory learners may prefer to learn through information that is “heard.” Students with this preference report they learn best from lectures, tutorials, and talking to other students.

**Read/ Write (R)** – Reading/writing learners may prefer to learn through information displayed as words. Not surprisingly, many academics have a strong preference for this modality.

**Kinesthetic (K)** – Kinesthetic learners may prefer to through experience and practice (simulated or real). Although such experience may invoke other learning style preferences, the key is that the student is connected to reality, either through experience, example, practice, or simulation.

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